



The Royal Melbourne Tennis Club

Heat Policy – Social Play & Club Matches

Adopted by the RMTTC Committee - August 2024

The Royal Melbourne Tennis Club is an indoor sporting facility, and its tennis and squash courts are not air conditioned, so players may experience high temperatures. The following procedures are for the safety for players and staff when exposed to the hazards of extreme weather conditions.

Heat and Humidity Risk

Sports Medicine Australia recommends care be taken in extreme heat conditions to avoid risks to health occurring. In ambient temperature of 36 degrees or above the risk of thermal injury is "Extreme" and players should be encouraged to either postpone their game to a cooler part of the day or cancel.

Moreover, high levels of humidity that are often present impede the dissipation of heat due to a restriction of sweat evaporation. As such, there is a risk of heat illness, which is characterised by nausea, dizziness, vomiting and syncope, and can even result in death.

Older adults aged over 65, who are playing sport in warm to hot conditions are at an increased risk of exertional heat illness and should take extra precautions to minimise the risk of heat exposure.

Policy

To provide for the wellbeing of Members, staff and visitors, the Club will adopt the following Heat Policy in relation to extreme indoor heat conditions:

1. When the temperature on court reaches 36 degrees, decisions to play will be the sole responsibility of each player but will be actively discouraged by the Club. Court fees will not be charged if the Heat Policy is applied in accordance with the Application process below.
2. No lessons or competition matches will commence when the temperature on court reaches 36 degrees or above, and must stop when court temperatures reach 36 degrees, or as determined by the Professionals, at a lower temperature, after considering playing conditions and the physical conditions of player(s). Due to the time required to cool the court, matches will be abandoned or rescheduled for another day, at the sole discretion of the Professionals, in consultation with the Match manager(s).

Application

Decisions in relation to the application of the extreme heat policy will be communicated by the Professionals, or a Committee member, based on known conditions that may apply and the need to protect the interests of staff, players and their opponents. In the absence of such a determination, the Club's normal court cancellation policy will apply.

ARTA events at RMTTC will be subject to RMTTC's Heat Policy. Members playing in competitions at other real tennis and squash clubs will be subject to each organisations individual heat policy. Professionals employed by RMTTC will not be required by the Club to mark or play matches in extreme conditions, as prescribed by this Heat Policy, which are at RMTTC or other clubs' facilities.